

B-220

ASSEMBLY INSTRUCTIONS

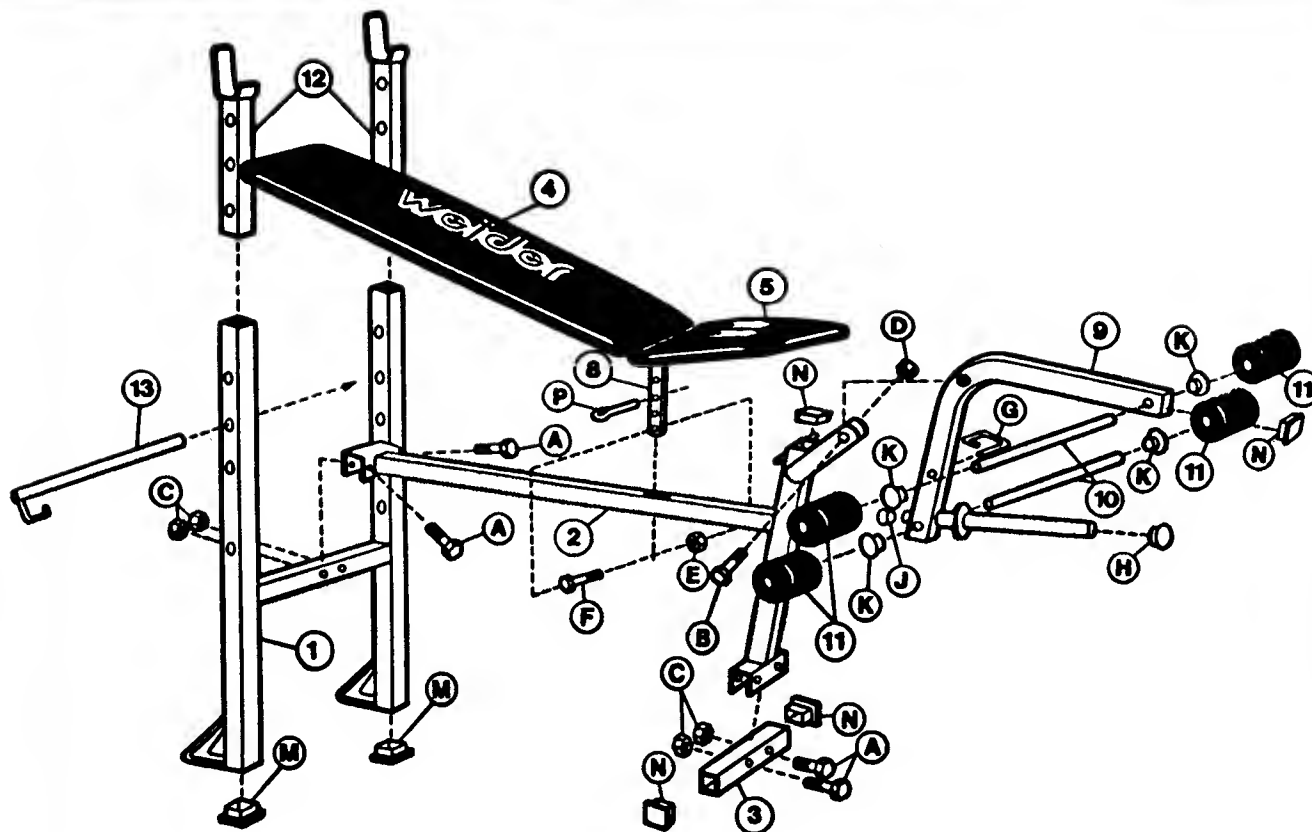
• **REPLACEMENT PARTS**

weider®

WEIDER HEALTH AND FITNESS
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WARNING CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

B-220**PARTS LIST**

DIAGRAM NO	PART NAME	NO REQUIRED	ORDERING NUMBER
1	UPRIGHT	1	CA07-0209
2	MAIN FRAME	1	CA07-0117
3	FRONT SUPPORT	1	CA07-0118
4	BACKREST	1	CA07-0318
5	SEAT	1	CA07-0319
6	LONG ANGLE IRON	2	CA07-6057
7	SHORT ANGLE IRON	2	CA07-6058
8	SEAT ADJUSTMENT T	1	CA07-6059
9	LEG CURL	1	CA07-0119
10	PAD BAR	2	CA07-6056
11	FOAM PADS	4	CA01-0400
12	ADJUSTABLE UPRIGHT	2	CA07-0210
13	BACKREST ADJ BAR	1	CA06-6054
	HARDWARE BAG	1	CA07-5780
A	$\frac{5}{16}$ "-18 x $2\frac{1}{4}$ " HEX HEAD BOLT	4	HH-5199
B	$\frac{3}{8}$ "-16 x $2\frac{1}{2}$ " HEX HEAD BOLT	1	HH-5018
C	$\frac{5}{16}$ "-18 LOCK NUT	4	HH-5012
D	$\frac{3}{8}$ "-16 LOCK NUT	1	HH-5013
E	$\frac{1}{4}$ "-20 LOCK NUT	1	HH-5011
F	$\frac{1}{4}$ "-20 x $\frac{3}{4}$ " MACHINE SCREW	1	HH-5032
G	LOCKING PIN	1	WW-7012
H	1"RD. PLASTIC CAP	1	AA-8005
J	1"RD. COVER CAP	1	AA-8070
K	$\frac{3}{4}$ "RD. PLASTIC CAP	4	AA-8004
M	2"SQ. PLASTIC CAP	2	AA-8002
N	$1\frac{1}{2}$ "SQ. PLASTIC CAP	4	AA-8001
P	EYELET PIN	1	WW-7005
R	$\frac{1}{4}$ "-20 x $\frac{3}{4}$ " MACHINE SCREW	8	HH-5022
	UPRIGHT DECAL RIGHT	1	DE-4008
	UPRIGHT DECAL LEFT	1	DE-4009
	INSTRUCTION MANUAL	1	IN4888

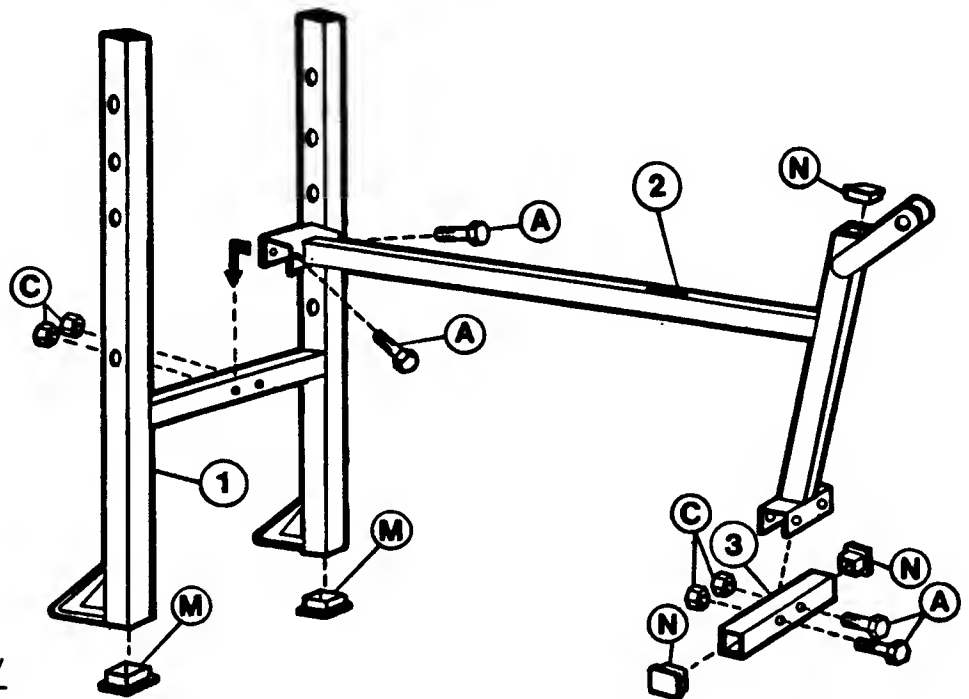
REPAIR PARTS AND SERVICE

All of the parts for the Weightbench can be ordered from Weider Health and Fitness, Parts Service Dept., 900 West St. John St., Olney, Ill. 62450. When ordering, parts will be sent and billed at the current prices. Prices may be subject to change without notice. Standard hardware items are available at local hardware stores.

If you find this product to have either a defective part or a missing part, write the above address or for faster service phone Customer Service at 1-800-423-5502

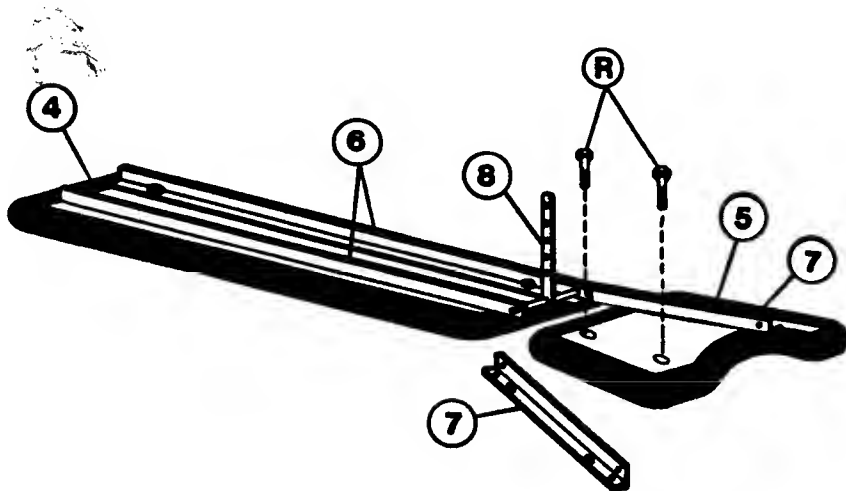
ALWAYS include the following information when ordering parts:

- Model Number
- Name of Part
- Ordering Number



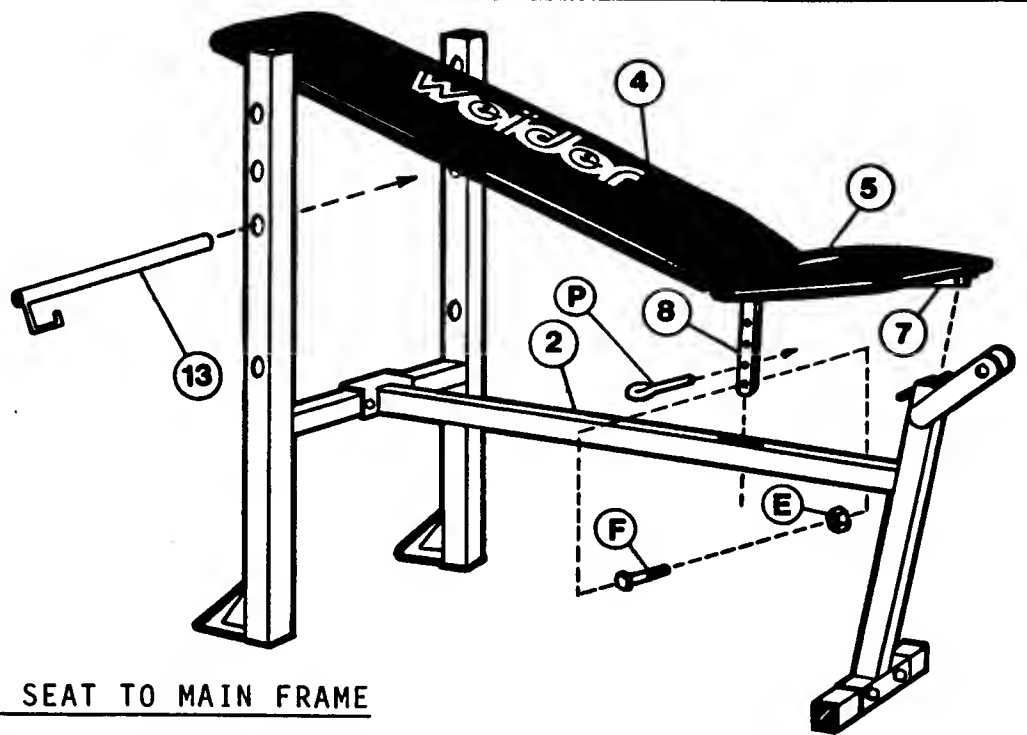
STEP 1 - FRAME ASSEMBLY

Insert 2 SQUARE PLASTIC CAPS (M) into base of UPRIGHTS (1). Stand UPRIGHTS (1) into proper position while preparing the rest of the frame. Align bolt holes of Main Frame Lower Bracket with bolt holes on FRONT SUPPORT (3). Join the two pieces with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Lower Main Frame Upper Bracket over crossmember on UPRIGHTS (1) and align bolt holes. Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (C). Tighten all bolts. Insert 2 PLASTIC CAPS (N) into both ends of FRONT SUPPORT (3). Insert 1 CAP (N) into top of MAIN FRAME (2) tube.



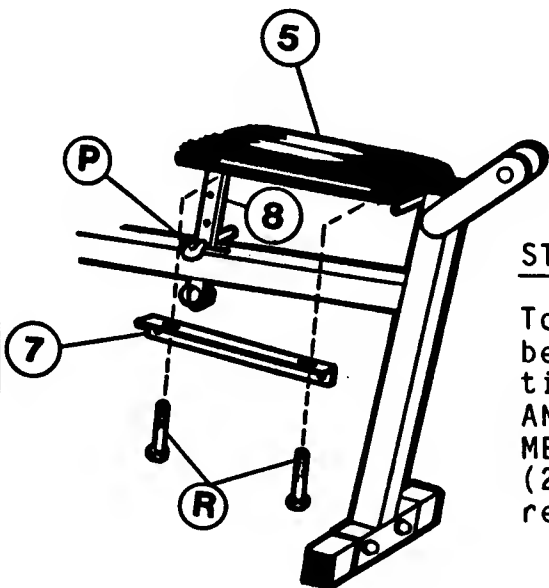
SEAT 2 - BACKREST & SEAT PREPARATION

Turn assembled Backrest and Seat over to expose work area. Remove 2 MACHINE SCREWS (R) from Seat and remove 1 SHORT ANGLE IRON (7). This preparation must be done in order to connect Seat to Main Frame.



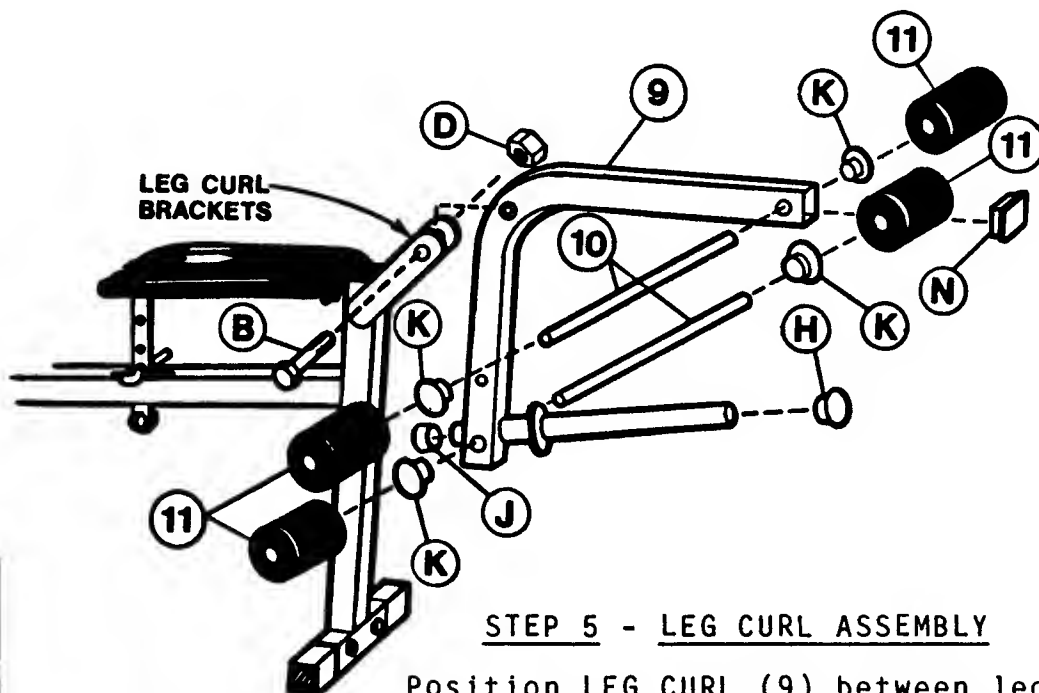
STEP 3 - CONNECTING SEAT TO MAIN FRAME

To aid in this assembly, first slide BACKREST ADJUSTMENT BAR (13) into one of the hole patterns on UPRIGHTS (1). Turn BACKREST (4) and SEAT (5) assembly right side up and lower to MAIN FRAME (2). Slide the fastened SHORT ANGLE IRON (7) over the front pivot pin on the MAIN FRAME (2). Align the SEAT ADJUSTMENT T (8) with the proper slot on the main frame and lower through slot. Secure SEAT ADJUSTMENT T (8) by inserting 1 HEX HEAD BOLT (F) through bottom hole and secure with 1 LOCK NUT (E). EYELET PIN (P) is used in the remaining holes of the SEAT ADJUSTMENT T (8) to adjust the desired height of the seat.



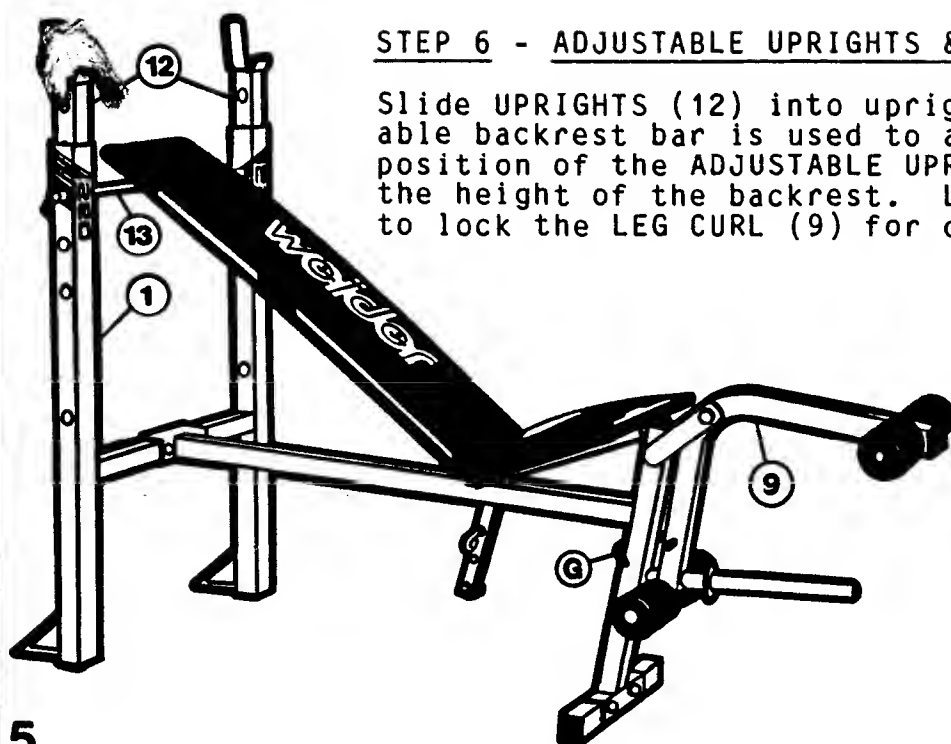
STEP 4 - REPLACEMENT OF SHORT ANGLE IRON

To aid in this assembly PIVOT PIN (P) should be placed so that the highest possible position of the Seat is achieved. Slide SHORT ANGLE IRON (7) over pivot pin on SEAT ADJUSTMENT T (8) and front pivot pin on MAIN FRAME (2). Replace 2 MACHINE SCREWS (R) that were removed in Step 2.



STEP 5 - LEG CURL ASSEMBLY

Position LEG CURL (9) between leg curl brackets. Secure with HEX HEAD BOLT (B) and LOCK NUT (D). Do not over tighten. Repeat the following instructions until all leg curl parts are in place. First slide PAD BAR (10) through proper hole in LEG CURL (9) until equal amounts of bar are on both sides of LEG CURL (9). Slide on FOAM PAD (11) onto each end of PAD BAR (10). Insert PLASTIC CAP (K) into each end of PAD BAR (10). Insert SQUARE PLASTIC CAP (N) into end of LEG CURL (9). Insert ROUND PLASTIC CAP (H) into weight pin on LEG CURL (9). Place COVER CAP (J) over rear extended piece of weight pin.



STEP 6 - ADJUSTABLE UPRIGHTS & LOCKING PIN

Slide UPRIGHTS (12) into upright frame. The adjustable backrest bar is used to adjust not only the position of the ADJUSTABLE UPRIGHTS (12), but also the height of the backrest. LOCKING PIN (G) is used to lock the LEG CURL (9) for doing specific exercises.